

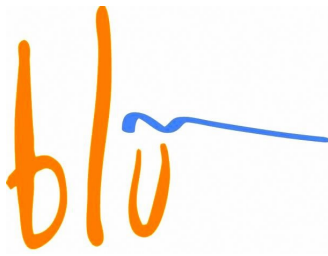
# Breakfast Catering

Priced Per Person

Egg whites may be substituted at an additional charge

<b>Mini Muffins &amp; Pastries</b>   Assortment of freshly baked miniature muffins and assortment of homemade pastries, served with butter and jams	\$5
<b>Assorted Bagel Platter</b>   Assortment of breakfast bagels, accompanied by our homemade cream cheese wheel, butter, peanut butter and jams	\$4
<b>Homemade Breads Platter</b>   Hearty slices of homemade breads including banana bread, coffee cake and seasonal selections served with butter and jams	\$5
<b>Low-fat Yogurt Parfaits</b>   Low-fat yogurt, served with granola clusters, honey and topped with fresh seasonal berries	\$5
<b>Breakfast Burrito</b>   Scrambled eggs, sliced avocado, tomatoes, onions, mixed peppers and cheddar cheese. Choice of turkey-bacon, bacon or sausage, served with a side of salsa and sour cream.	\$8
<b>Seasonal Breakfast Sandwiches</b>   Eggs topped with goat cheese, virginia ham and homemade pesto served with choice of toast, roll, or wrap accompanied with a side of fresh fruit	\$8
<b>Fresh Fruit Skewers</b>   A selection of fresh strawberries, seasonal melons, pineapples and selection of seasonal mixed berries, served with honey dipping sauce	\$6
<b>Nova Scotia Smoked Salmon</b>   Thinly sliced smoked salmon, accompanied with assorted homemade cream cheeses, red onions, tomato slices. capers and lemons served with assorted sliced bagels	\$10
<b>Assorted Cereal Cups</b>   Array of healthy cereals served with skim or whole milk	\$4

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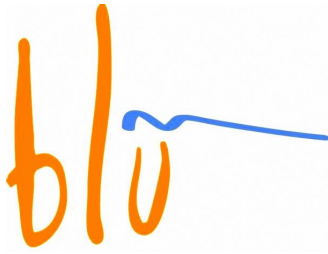
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Priced Per Person

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<b>Whole Fresh Fruit Tray</b>   A medley of seasonal apples, valencia oranges, bananas, fresh grapes and halved grapefruits served with packets of sugar or honey	\$4
<b>Hot Oatmeal</b>   Hearty oatmeal served with walnuts, seasonal berries and choice of brown sugar or honey	\$5
<b>Morning Juices</b>   Choice of fresh squeezed orange, grapefruit, cranberry or apple juice	\$3
<b>Coffee, Tea and Hot Chocolate</b>   Box of regular and decaffeinated coffees, box of hot water served with a selection of black and herbal teas and packages of hot chocolates, served with milk, creams, sugars, sweeteners, lemons and stirrers	\$4
<b>Bottled Spring Water</b>   Spring Water	\$2

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# Lunch Catering

Priced Per Person

**Lunch Package #1** | Choice of (3) varieties of our specialty sandwiches and wraps served on a variety of freshly baked breads, garnishes & condiments served on side with choice of whole fruit or green side salad \$12

**Lunch Package #2** | Choice of (4) varieties of our specialty sandwiches and wraps served on a variety of freshly baked breads, garnishes & condiments served on side with choice of (2) fruit, green, daily potato or pasta salad, (1) bottled water per person \$15

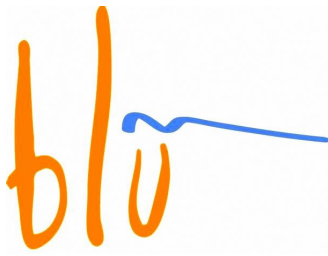
**Lunch Package #3** | Choice of (4) varieties of our specialty sandwiches and wraps served on a variety of freshly baked breads, garnishes & condiments served on side choice of (2) fruit, green, daily potato or pasta salad, choice of (1) chocolate chip, peanut cup or oatmeal raisin cookie (1) bottle of water per person \$17

**Boxed Lunches** | Choice of specialty sandwich or wrap served with choice of green salad, daily potato or pasta salad, cookie and bottled water \$14

**Soup & Salad/Sandwich Boxed Lunches** | Soup of the day, choice with of half specialty sandwich or mixed green salad served with cookie and bottled water \$15

*Specialty Sandwiches on Next Page*

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## Specialty Sandwiches

Priced Per Person  
\$8.95 - \$11.95

- Curry Chicken Wrap** | Curry chicken with celery, light mayo and lettuce on a tortilla wrap
- Hummus Wrap** | Hummus, feta, tomato, cucumber, grilled onions, mixed greens on a tortilla wrap
- Egg Salad Sandwich** | Eggs, onion, celery, light mayo, dijon mustard, mixed greens on toasted multigrain
- Cobb Sandwich** | Turkey, bleu cheese, spinach, romaine, guacamole, bacon/turkey-bacon, coleslaw on wrap
- Steak & Cheese** | Roast Beef, caramelized onions, peppers, provolone cheese and teriyaki sauce on a wrap
- Turkey Mango Melt** | Turkey, avocado, swiss cheese, bacon and mango vinaigrette, mixed greens on a baguette
- Classic BLT** | Bacon/turkey-bacon, lettuce, tomato
- BLTA** | Bacon/turkey-bacon, lettuce, tomato, avocado
- Caprese** | Fresh mozzarella, tomato, basil mixed greens with pesto on a baguette
- Chicken Caesar Wrap** | Romaine, parmesan, croutons, caesar dressing on a tortilla wrap
- Chicken Salad Sandwich** | Golden raisins, lettuce, tomato, light mayo on a toasted baguette
- Oven Roasted Turkey** | Brie, apples, sprouts, honey mustard on a toasted baguette
- Italian Combo** | Capicola, salami, ham, provolone, lettuce, tomato, oil & vinegar on toasted baguette

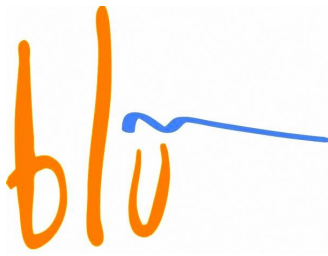
## Build Your Own Sandwich

Priced Per Person  
\$10.95 Each

Choose (1) Protein, (1) Cheese & (2) Toppings

- Proteins** | Ham, turkey, salami, capicola, turkey-bacon, bacon, chicken breast, tuna salad, chicken salad, egg salad, curry chicken, roast beef, hummus
- Cheese** | Provolone, brie, american, cheddar, feta, goat, fresh mozzarella
- Breads** | Multigrain, baguette, focaccia, tortilla wrap, whole wheat wrap, sub oat roll
- Toppings** | Lettuce, tomato, onions, grilled onions, carrots, peppers, roasted red peppers, cucumbers, mushrooms, olives, avocado, sprouts, apples, spinach, coleslaw, salsa, guacamole
- Condiments** | Mayonnaise, mustard, pesto, balsamic dressing, balsamic vinegar, olive oil

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## Entrée Salads Catering

Priced Per Person

**Dressings** | Caesar, Honey Dijon, Low-Fat Honey Dijon, Red Onion & Bacon, Capers, Bleu Cheese, Thousand Island, Low-Fat Ranch, Red Wine Vinaigrette, Balsamic Vinaigrette, Balsamic Vinegar, Extra Virgin Olive Oil, Lemon Juice, Asian Sesame Ginger, Light Italian

**Grilled Chicken Caesar Salad** | Fresh romaine lettuce, homemade croutons and grated parmesan cheese served with creamy caesar dressing and grilled chicken breast \$9

**Mediterranean Chicken Salad** | Mixed greens, kalamata olives, grilled onions feta cheese, cherry tomatoes, cucumbers topped with grilled chicken breast \$12

**Country BLT Salad** | Fresh spinach leaves, grilled onions, cherry tomatoes, diced bacon, crumbled bleu cheese, topped with fresh sliced turkey breast, toasted baguette \$12

**Caprese Salad** | Bed of arugula with fresh mozzarella balls, cherry tomatoes, fresh basil leaves accompanied with rustic italian bread \$12

**South of the Border Salad** | Fresh romaine, sliced avocados, fresh corn, black beans, cherry tomatoes, red onions, fresh jalapenos, topped with low-fat shredded cheese accompanied with colorful tortilla chips \$12

**Tuscan Salad** | Fresh arugula leaves, artichoke hearts, roasted red peppers, sun-dried tomatoes, fresh green beans, topped with grilled shrimp, shaved parmesan cheese accompanied with rustic italian bread \$14

## Create your Own Salad

Priced Per Person

\$11.95 Each

Choose (1) Greens, (1) Protein & (4) Toppings

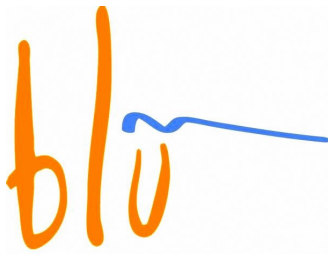
**Greens** | Crisp romaine, spinach, mixed greens

**Proteins** | Grilled chicken, chicken salad, tuna salad, roasted turkey, bacon, turkey-bacon

**Cheese and Toppings** | Broccoli, tomato, capers, carrots, celery, chick peas, kidney beans, peppers, cucumbers, roasted red peppers, scallions, grilled onions, green beans, potatoes, mandarin oranges, mushrooms, olives, homemade croutons, candied walnuts, almonds, water chestnuts, crispy noodles, raisins, coleslaw, guacamole, cottage cheese, goat cheese, parmesan cheese, feta cheese, bleu cheese

**Extras** | Shrimp \$6, Salmon \$5, Beef \$4, Chicken \$3, Tofu \$2, Bacon \$2

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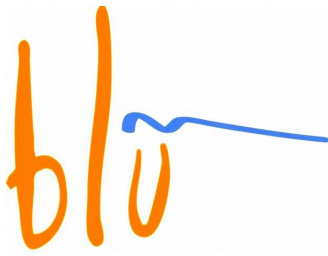
## Catering Platters

Small Platter | 8-10 People

Large Platter | 12-16 People

<b>Deluxe Cheese and Meats Platter</b>   Array of black forest ham, salami, capicola, roast turkey, grilled chicken, roast beef, cheddar, provolone, american and fresh mozzarella served with variety of sliced breads and wraps, lettuce, tomatoes and condiments	Sm \$80 Lg \$120
<b>Salads Platter</b>   Homemade tuna, chicken and egg salads served with variety of sliced breads and wraps, lettuce, tomatoes and condiments	Sm \$55 Lg \$90
<b>Grilled Surf and Turf Platter</b>   Grilled steak and shrimp accompanied with a variety of dipping sauces, slices of homemade breads, lettuce, tomatoes and condiments	Sm \$85 Lg \$135
<b>Grilled Chicken or Salmon Platter</b>   Choice of grilled chicken or salmon each platter offers fresh lemon marinade, grilled rosemary, balsamic glaze and natural grilled flavor served with slices of homemade breads, lettuce, tomatoes and condiments	Chicken Sm \$70 Lg \$110 Salmon Sm \$95 Lg \$135
<b>Mesclun Salad Mix</b>   Mesclun greens, cucumbers, grape tomatoes, carrots, topped with goat cheese and homemade croutons with choice of dressing	Sm \$45 Lg \$75
<b>Antipasto Salad Mix</b>   Variety of cured meats & imported cheeses, olives, sundried tomatoes, roasted red peppers, marinated artichoke hearts served with homemade breads and condiments	Sm \$75 Lg \$115
<b>Crudités and Dip Platter</b>   Assorted raw vegetables sliced into strips accompanied with choice of hummus, roasted red pepper and feta dip or low-fat ranch dressing	Sm \$55 Lg \$85
<b>Bulgur and Goat Cheese Salad</b>   Bulgur wheat tossed with dried apricots, sliced almonds and topped with goat cheese	Sm \$45 Lg \$65
<b>Herb and Tomato Pasta Salad</b>   Penne pasta tossed with olive oil, diced tomatoes, shallots, fresh herbs and topped with fresh mozzarella	Sm \$55 Lg \$75
<b>Sliced Fresh Fruit Platter</b>   Selection of fresh cut seasonal melons, strawberries, pineapple, grapes and mixed berries accompanied with honey dipping sauce	Sm \$60 Lg \$80
<b>Deluxe Dessert Platter</b>   Selection of homemade cookies, brownies, and assorted bars	Sm \$65 Lg \$95

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## Beverages

Priced Per Person

Large Bottled Spring Water \$2.50  
Small Bottled Spring Water \$2.00  
San Pellegrino Sparkling Water \$3.00

20oz Pepsi Bottle \$3.00  
20oz Diet Pepsi Bottle \$3.00  
20oz Mountain Dew Bottle \$3.00  
20oz Schweppe's Ginger Ale Bottle \$3.00

20oz G2 Gatorade \$3.25  
Grape | Fruit punch | Orange

VitaCoco Coconut Water \$3.25  
Peach Mango | Plain | Pineapple | Acai Pomegranate

Tropicana Orange Juice \$2.75  
Mott's Apple Juice Box \$2.75  
Organic Valley Chocolate Milk \$3.00

Holistics Teas \$3.25  
Coconut Guava | Jade Green Tea | Cranberry Grapefruit | Pomegranate Acai

Red Bull \$4.50  
Red Bull Sugar-Free \$4.50  
Code Blue Recovery \$4.50

Sobe Life Water \$3.50  
Yummberry Pomegranate | Mango Melon | Fuji Apple Pear | Acai Fruit Punch

Mash \$4.50  
Grapefruit Citrus Zing | Lemon Peel Ginger Root | Pomegranate Blueberry | Ripe Mango Blood Orange

Isopure Protein 40g \$6.00  
Passionfruit | Grape | Apple Melon

Myoplex Light Protein Drink \$4.50 (Small) \$6.00 (Large)  
Chocolate Fudge | French Vanilla

Muscle Milk \$6.25  
Strawberries and Cream | Chocolate Malt | Cookies and Cream | Vanilla Cream

Leanbody \$5.75  
Chocolate Ice Cream

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